

# Labels to look for on your WIC Approved Foods



## Your baby is ready for a spoon when he/she can:

- Sit supported and hold head up
- Remove food from a spoon with lips and tongue
- Show interest in what you are eating
- Turn head away when full

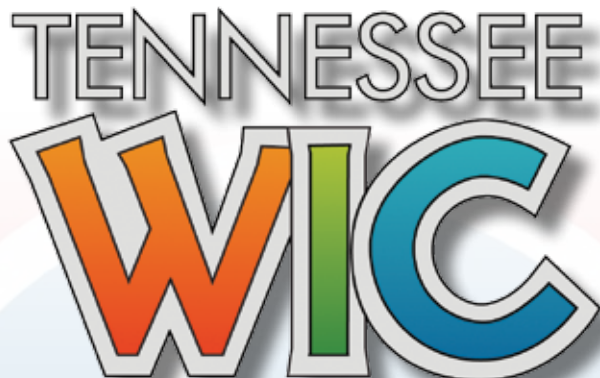


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# APPROVED FOOD

For Infants • 2012 - 2014



**Remember  
Breastfeeding  
Is Best!**



**Effective Oct 1, 2012 - Sept 30, 2014**

## INFANT CEREAL

### Can Buy

Any grain (including  
Whole Wheat/Whole Grain)  
8 oz box of Beechnut  
or Gerber

### Cannot Buy

With infant formula  
With milk  
With fruit or other  
non-cereal ingredients  
Organic  
With DHA/ARA

## INFANT FRUITS

### Can Buy

Stage 2 or 2nd Foods  
Single ingredient  
3.5 or 4 oz jars of Beechnut  
or Gerber  
Twin Packs

### Cannot Buy

With added sugars,  
starches or sodium  
With added cereal  
Any Desserts  
(like fruit  
cobbler)  
Organic  
With DHA/ARA

## INFANT VEGETABLES

### Can Buy

Stage 2 or 2nd Foods  
Single ingredient  
3.5 or 4 oz jars of  
Beechnut or Gerber  
Twin Packs

### Cannot Buy

With added sugars,  
starches or sodium  
Organic  
With DHA/ARA

## INFANT MEAT

for fully breastfed infants

### Can Buy

Single ingredient of meat or poultry with added  
broth or gravy  
2.5 oz jars of Beechnut or Gerber

### Cannot Buy

With added sugars or sodium  
Any Combinations  
(like meat and vegetables)  
Any Infant dinners  
(like spaghetti and  
meatballs)  
Organic  
With DHA/ARA

## INFANT FORMULA

If your baby is formula fed, buy only the  
brand, type and quantity they are allowed

